PRINCIPAL SPEAKERS AT THE CARBONDALE GENERAL HOSPITAL seminar for school nurses entitled "School Days for the Diabetic" discuss the program. Seated, left to right: Dr. Sayee Sankar, Jean Kovaleski, RN, and Clare Stachnik, MSRD. Standing, same order: Mary Ann Rogan, MSW, Nancy Werthmuller, RD and Debbie Lopatofsky.

Held at Carbondale General

School nurses attend seminar on diabetes

A seminar on diabetes for school nurses entitled "School Days for the Diabetic" was held recently at Carbondale General Hospital. The seminar was presented by the hospital's Diabetic Care Team, including internist Dr. Sayee Sankar, director of social services Mary Ann Rogan, MSW, dietitian Clare Stachnik, MS, RD, and patient care coordinator Jean Kovaleski, RN.

The purpose of the seminar was to share information on diabetes with the school nurses, enabling the nurses to help diabetic students and their parents. The seminar was approved by the Pennsylvania Nurses Association and the school nurses received continuing education credits for attending.

Dr. Sankar, medical director of the Diabetes-Endocrinology Clinic at Carbondale General, gave an overview of the physiology of diabetes, including classification, diagnostic tests and hereditary factors. New treatment methods and the prevention of complications were also part of the doctor's presentation.

Mrs. Kovaleski introduced the practical application of diabetes control, including home blood monitoring, exercise and stress management. Her presentation was geared to emphasize school activities as important to the diabetic student.

Mrs. Stachnik spoke on the importance of diet as an essential element in diabetes control. Mrs. Stachnik reviewed dietary exchanges, new sugar free products, food specific to sick days and strenuous exercise.

Mrs. Rogan discussed the financial and emotional stress which often accompany an illness such as diabetes. She offered means of evaluation to the nurses and encouraged the school nurses to act in the role of counsler to diabetic students and their families.

Attending the seminar was Peg Adams, nurse facilitator for the PA Department of Health, who spoke briefly about the role of the PA Diabetes Task Force and the pilot programs designed to aid in the care of diabetics. Also present at the seminar was Ina Lubin, Coordinator of Health Care Programming at Penn State, who observed the program for future Penn State in-service programs.

School nurses from Lakeland, Mid-Valley, Valley View, Wayne Highlands, Western Wayne, Mountain View and Carbondale Area School Districts attended the seminar. Registered participants receiving external handout materials included nurses from Wallenpaupack Elementary School District and Lackawanna County Area Vocational Technical Schools.

Walter Proch couple note 25th year

Mr. and Mrs. Walter Proch, of RD 1, Clarks Summit recently celebrated their silver wedding anniversary. They were married on January 24, 1959, in St. Basil's Church, Simpson by Fathers Seraphim and Hilarin.

Mrs. Proch is the former Marie Kutch, daughter of Helen Kutch and the late Stephen Kutch of Simpson. Mr. Proch is the son of the late Mr. and Mrs. Alexander Protz, Mayfield.

The couple were blessed with four children; Walter, Philadelphia; a graduate of Philadelphia College of Pharmacy and Science; Maria, a graduate of College Misericordia; John, a student at Wilkes College; and Daria a senior at Lakeland High School.

Greetings from the Homer Brunings

Homer and Isobel Bruning formerly of Falls Road, Carbondale, moved to Colorado in 1966 settling in the Broomfield area where Homer worked until retirement - a talented musician he still keeps busy playing and teaching drums.

The Brunings recently celebrated their 55th wedding anniversary. They enjoyed a get together with their three children, Robert and Dale Bruning and Donna Newton, twelve grandchildren and eight great-grandchildren.

Homer has a sister, Audubon, living in Port Jervis, N.Y.; he also had one brother Henry (deceased). Isobel had one sister Marjorie also deceased.

Lakeland activities scheduled

Lakeland notes for the week of January 23, are: January 25 - End of second quarter; Curriculum council meeting at 2 p.m. in the board room of the High School.

January 26 - Faculty meeting at Lakeland Elementary School with Carl Klach presiding.

January 27 - Girls' basketball game at Carbondale Area - 6:30 p.m. - JV game; 8 p.m. - varsity game.

January 28 - Boys' basketball game vs. Carbondale Area, home, 6:30 p.m. - JV game; 8 p.m. - varsity game.

Fred Socha couple note 25th

Mr. and Mrs. Fred Socha, 75 Prospect St., Simpson, celebrate their 25th wedding anniversary on Janaury 25.

The couple has one son, Frederick Jr., a U.S. Marine Corps Veteran.

Bridge results

Results of play in the Carbondale Bridge Club on January 17, are, first place; Mrs. Joseph Farrell and Mrs. Robert Gibbs. Second place; Donald Ballou and Mrs. Charles Bently. Third place; Mrs. Garfield Thomas and Mrs. Joseph Figliomeni.

Happy Birthday

Happy birthday on January 27 to Joan Vogel, Lyndbrook, NY., from husband Robert and Mom Slick.

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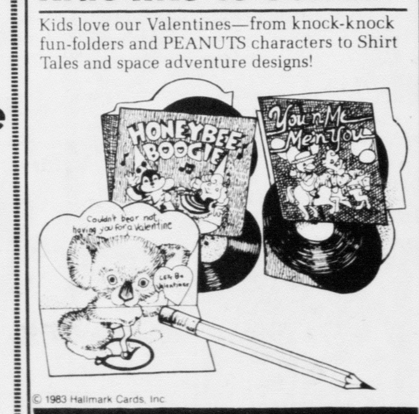

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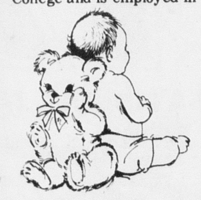
Roxanne Petrilak to marry Miles Neutts

Announcement has been made of the engagement and approaching marriage of Roxanne Petrilak Kovaleski, daughter of Mr. and Mrs. Andrew Petrilak, RD 1, Carbondale, to Miles Neutts, son of Mrs. Angela Neutts and the late Mr. Milo Neutts, 120 Farview Street.

A graduate of Lakeland High School, the bride-to-be received an associate in science degree in medical secretarial science from Lackawanna Junior College and is employed in the Medical Record Department at Carbondale General Hospital.

Her fiance, a graduate of Benjamin Franklin High School, received an associate in science degree in accounting from Lackawanna Junior College. He is employed as a computer operator at Metropolitan Life Insurance Company, Clarks Summit.

The couple will be married on August 25 in St. Michael's Church, Jermyn.



Baby is named

STEVEN JOSEPH SHELP

Mr. and Mrs. Randy Shelp, RD 2, Waymart, are the parents of a son born December 20 at St. Joseph's Hospital. The baby weighed 9 lbs. 7 oz. and has been named Steven Joseph. The mother is the former Maria Rusnak.

The maternal grandparents are Bernard and Ann Rusnak, 151 Jefferson St., Simpson.

The paternal grandparents are Edwin and Gloria Shelp, South Street, Waymart.

The newcomer has one brother, Randy James, Jr., 17 months.

STEPHANIE ANN LAPERA

Mr. and Mrs. Bernard Lapera, Jr., 14 Canaan St., are the parents of a daughter born January 12 at St. Joseph's Hospital. The baby weighed 8 lbs. and has been named Stephanie Ann. The mother is the former Bernadette Runak.

The maternal grandparents are Ann and Bernard Rusnak, 151 Jefferson St., Simpson.

The paternal grandparents are Bernard and Josphine Lapera, 98 43rd St.,

The newcomer has one brother, Bernard Michael III, 15 months.

Dr. Stephen E. Mock
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1½ cups fruit juice, heated to boiling
2 tablespoons sugar or honey (optional)

In medium bowl, sprinkle unflavored gelatine over cold juice; let stand 1 minute. Add hot juice and stir until gelatine is completely dissolved. Stir in sugar. Pour into 8 or 9-inch baking pan; chill until firm. To serve, cut into 1-inch squares.

Makes about 6 dozen blox.

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Note: Do not use fresh or frozen pineapple juice.

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COLIN J. HOLMES (left,) Executive Director of the Drug & Alcohol Treatment Service, reviews plans for upcoming service year with recently appointed Outpatient Clinical Supervisor, Richard L. Mroczka.

Simpson native named as clinical supervisor

Richard L. Mroczka was recently appointed Outpatient Clinical Supervisor of the Drug and Alcohol Treatment Service.

Mroczka is the son of Mr. and Mrs. Leonard P. Mroczka of Simpson. He resides with his wife Nancy and their three children at 86 South Church Street.

In making the announcement, Executive Director Colin J. Holmes noted that "Mr. Mroczka's selection as Clinical Supervisor culminated a lengthy review and screening process that involved consideration of other agency treatment staff. With ten (10) years of clinical counseling and supervisory experience in drug and alcohol abuse, we fell that his choice exemplifies the agency's continuing commitment to quality of care for the patients of our outpatients department. We look forward to both the professional and personal dedication and insight that Rick brings to his new position."

In his new post, Mroczka will be directly responsible to the agency's executive director and will direct the outpatient treatment activities of four (4) fully certified addictions Counselors. Mroczka, a certified addictions counselor, is a 1972 graduate of the University of Scranton. He completed his Masters degree in rehabilitation counseling from the University of Scranton in 1974. Prior to initiating his affiliation with the Drug and Alcohol Treatment Service in January 1981, he served as the director of the Alcohol and Drug Counseling Service at St. Joseph's Hospital, Carbondale.

The Center, located in the Administration Building of the Scranton State General Hospital, also provides inpatient detoxification through its Residential Detoxification Unit. The Drug and Alcohol Treatment Service, a private non-profit agency, is fully licensed by the Office of Drug and Alcohol Programs, Department of Health and the Department of Public Welfare and provides treatment to residents of northeastern Pennsylvania.

John Fetcho, Childs, is honored on occasion of his 90th birthday

A surprise birthday party was held recently for Mr. John W. Fetcho, 116 School St., Childs to mark his 90th birthday. A lifelong resident of Childs, Mr. Fetcho was born January 1, 1894. He was married to the late Clare Williams.

The party, which was attended by 50 people, was held at the family home and was given by Mr. Fetcho's Children, Delores Clark, Childs; Walter, Edison, NJ; Joesph, Severna Park, MD; Mary Clare Sears, Glenburnie, MD; Roseann Carden, New Britian, PA; and daughter-in-law, Mrs. Betty Fetcho, Glenburnie, (her husband Arthur passed away two years ago).

Also attending the party were Mr. Fetcho's four sisters, Mae Maholchic, Endicott, N.Y.; Ann Gdovin, Dunmore; Helen Schuermann, Stroudsburg and Veronica Morris, Carbondale.

Mr. Fetcho worked for the O and W Railroad and was active in local politics for many years.

He has 21 grandchildren and 15 great - grandchildren.

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571 Lower Pike

Jermyn man sings with college choir

Charles Kaufmann, of Jermyn, is a member of the Lycoming College Choir.

Kaufmann, the son of Mrs. Irene Kaufmann, 8-C Henry Drive, Jermyn, is one of 72 students in the college choir, considered one on the finest college musical groups in the East.

Under the direction of Dr. Catherine Payn, the choir performed at the traditional Christmas candlelight service at Lycoming and will tour the Harrisburg area in Janaury.

For its annual extended tour, the ensemble also is scheduled to tour New England in early May. In recent years, the choir has traveled to Puerto Rico, the Midwest, Florida, and along the Atlantic Coast to perform.

Kaufmann is a 1985 - junior, majoring in Music and Religion.

Lycoming is an independent, coeducational college that annually enrolls 1,200 students in 32 traditional and contemporary majors and 11 cooperative and preprofessional programs. The college's most popular majors are business administration, accounting, computer science, nursing, biology, and mass communications. All of its programs build on a base of liberal arts and sciences.

Happy anniversary

Happy fifth anniversary to Gene and Eva Tini, Prairie Village, Kansas, on January 28, from parents, William and Anna Clemo, Simpson, Octario, and Stella Tini, Jessup.

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